BOND STAR GETS HITCHED
MARRIES RACHEL WEISZ {page 12}

DEVILED EGGS
A HEALTHY TAKE ON A CLASSIC PICNIC STAPLE {page 14}

QUITTING IS AN OPTION FOR CAREER CHANGE
{page 16}

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Monday, June 27, 2011
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News worth sharing.

Dramatic. Demo

▶ Spectators at the annual Paws in Motion fundraiser at Assiniboine Park yesterday were treated to a display by the Winnipeg Police Service K9 unit. Here, Const. Dennis Robert and police service dog Reya take down a mock suspect.

JAMES TURNER/METRO

Mock suspect gets taken down at fundraiser

Cops want to see more police in city schools

Adding three additional officers would give 77 Winnipeg schools access to police

JAMES TURNER
@METRONEWS.CA

Winnipeg police are hoping to put more officers in city schools in a bid to bring crime reduction and education resources to each of the 33,000 students in Manitoba's largest urban school division.

In a report to be considered by a city council sub-committee today, the Winnipeg Police Service says it wants to hire three new officers to work with youth in schools in the city's northwest, West End and Elmwood areas.

If the police proposal ultimately passes a full vote of council, there would be nine officers assigned to Winnipeg School Division schools by the start of the 2012 school year.

Funding for the officers is cost-shared by the police and school division.

"There is considerable support from schools, parent councils and the community where the (officer's) role is to focus on the prevention, education and maintaining the peace in school and adjacent areas," a report authorized by Winnipeg Police Service Chief Keith McCaskill said.

The School Resource Officer program has been in place for roughly a decade.

It began as a pilot project for schools in the city's North End and has expanded to the downtown and some southern neighbourhoods since then.

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1 news

City attempts living flag record

Winnipeg might be headed for the record books this Canada Day as the Downtown BIZ attempts to break the record for the largest human flag.

Downtown BIZ executive director Stefano Grande said the BIZ needs more than 2,000 people dressed in white and red T-shirts to assemble the living flag by 11:15 a.m. at the Manitoba Legislative Building.

"There's a bit of engineering to it," said Grande. "The most critical piece is giving out the appropriate number of red and white T-shirts."

He also explained there are a number of trade secrets that will help volunteers assemble very quickly.

The current record of 2010 people was set in Victoria, B.C., last year. The BIZ is only aiming to add one more person to that record, but Grande hopes the living flag will grow into a tradition.

"Ultimately, we see this event gearing up for the huge nationwide celebration of Canada's Sesquicentennial, the 150th anniversary of Confederation, in 2017. Wouldn't it be amazing if we build this event, year by year, to attract 10,000 people in 2017 to pose for a stunning photo — maybe even at Portage and Main?"

Entertainment and T-shirt distribution starts at 10 a.m., and the BIZ is also giving away NHL tickets, a Tim Hortons-sponsored Raleigh mountain bike and other prizes.

As part of its Portage Live summer campaign to get people out of their offices, the BIZ has organized buskers, caricaturists and other entertainment throughout the summer.

CRYSTAL LADERAS

Hairdresser makes the cut

Only Canadian nominated in the North American Hairstyling Awards

ELISHA DACEY
@METRONEWS.CA

A local hairstylist who finished school just a few months ago already has a major achievement under her scissors.

Holly Hui, 24, is a top-five finalist at the North American Hairstyling Awards in the student stylist category, and is the only Canadian to make the final cut in any category.

"The NAHAs are like the Grammys for hairstyling," said Hui, who graduated from MC College's hairstyling course in April.

In order to qualify, Hui had to come up with a theme and a design for her three models. She said she used the bright colours and feathers found in tropical birds as her inspiration.

"Think of it not only just, you're doing hair, but think of things like foods, animals — things like that."

After spending a whirlwind couple of days dying, cutting and styling, followed by a two-day photo shoot, the final shots were sent to the NAHAs for adjudication and selection.

"Holly is unique and she sees things from a unique standpoint."
SHAUNA KLUZ, ADMISSIONS ADVISER FOR MC COLLEGE

While Hui's results may not be what an everyday working girl would go for, her winning hairstyles are bold, angular and artistic, employing straight geometrics and many colours. Hui said she is currently working at Inspired Hair Design on McPhillips Street.

"I think she put who she is into this," said Shauna Kluz, admissions advisor for MC College.

The awards will be held July 31. The entire hairstyling class from MC College will be making the trip to cheer Hui on.

ELISHA DACEY/METRO

▶ Holly Hui's creative 'dos have made the top five in the student category at the North American Hairstyling Awards, which will be held next month in Las Vegas.

After arrest of Whitey Bulger, experts say the Mob is barely surviving with 'old men in diapers' in charge. Scan code for the story.

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Hockey fans comment

When the new Winnipeg Jets logo is revealed, will you keep your old jersey or get a new one?

Glen Hiebert
33, GROCER
I would do both. I would keep my jersey and buy a new one. I want to be up-to-date with the team and support the team by buying some merchandise.

Chris Herda
FURNITURE MOVER
I have an autographed Bobby Hull No. 9! I'll get the new jersey eventually. Why not? I'll wear my old jersey until I get a new one. I wear it the odd time but I don't want to get an autographed jersey dirty.

Jordan Hershfield
18, STUDENT
No, I don't have the old jersey. My grandmother gave me this Jets hat not too long ago. But I'll possibly get it once it does come out.

Curtis Janzen
28, TEACHER
I got a Jets jersey when I was probably about 10. I still have it but it doesn't fit anymore. I plan on getting the new jersey — I've waited 15 years for this to happen.

Plans afoot for Route 90 fix

Traffic volume is expected to grow to 70,000 vehicles a day from 50,000 by 2030

JAMES TURNER
@METRONEWS.CA

Truckers and north-south commuters, take heart — public-works officials have tabled preliminary plans for widening Winnipeg's Route 90 along traffic-snarled Kenaston Boulevard.

The introductory plans, which will be presented at city hall this week, call for upping the number of traffic lanes on alternating sides of Kenaston near Tuxedo Boulevard, along with widening the St. James bridges.

Council approval is needed so that public-works officials can refine the project and help the public and business owners make "informed decisions."

The report cites Route 90 as one of Winnipeg's busiest thoroughfares. Its "role in the movement of people and goods will expand with the developments such as the Waverley West neighbourhoods ... and the development of an inland port at (the airport)," it says.

Council approval will also allow officials to start negotiating with property owners whose land is needed to complete the project.

Costs have yet to be added to any capital budget. However, the estimated cost of construction will hover around $129 million, officials said, including $100 million in modifications to the St. James bridges and $22 million for expropriations of private property.

Officials said the plans reflect public preference for a number of redesign options presented during citizen consultations in 2009.

Transit and active-transportation access to the area will also improve through the revamp, officials said. As a side benefit, there will also be fewer traffic headaches for people in east River Heights caused by motorists hunting for shortcuts.

CONTRIBUTED

▶ A rendering of how the Corydon Avenue/Route 90 intersection will look. Route 90 will become even more important as major projects like CentrePort get going.

Heat. Wave

▶ Firefighters battle a stubborn blaze at Paladin Restaurant on Des Meurons Street in St. Bonifice yesterday. Damage was estimated at $1 million. There were no injuries and arson is not suspected, officials said.

ELISHA DACEY/METRO

Flames eat away at popular resto

Police look into weekend violence

Winnipeg Police are investigating three weekend stabbings.

Police said the first occurred early yesterday morning in the 400 block of Arlington Street. Police said the victim is in his 20s but they could not provide more details, saying only that they are interviewing witnesses.

The second stabbing happened when a 27-year-old man was robbed of his beer and attacked while standing outside La Salle Hotel on Saturday night. The victim was approached for a cigarette and a confrontation ensued. The injured man went back into the hotel, where police were called.

The third stabbing took place at about 7:45 a.m. Saturday on the 500 block of Selkirk Avenue. A man and his friend were walking when they noticed another man following and verbally threatening them. After a confrontation, the 39-year-old victim was stabbed in the upper body.

He was taken to hospital in stable condition. The investigations into all three incidents continue, and no arrests have been made.

CRYSTAL LADERAS

Shooting at Elgin home

A family woke up to gunfire yesterday but police don't know why the Elgin Avenue home was targeted.

Police arrived at the home at about 4 a.m. and found bullet holes, broken windows and other interior damage that indicated a gun had been fired. Two adults and two children were in the home, but no one was injured.

Anyone with information is asked to call investigators at 986-6219 or Crime Stoppers at 786-8477.

CRYSTAL LADERAS

Teen girl hit by car

At 13-year-old girl is in critical condition after she was hit by a car Saturday. Police said the 27-year-old female driver is co-operating and alcohol was not a factor.

CRYSTAL LADERAS

Raising a gender-neutral society

Breaking down gender roles is a core mission in Sweden's preschool curriculum Not everyone on board

At the Egalia preschool in Stockholm, staff avoid using words like "him" or "her" and address the 33 kids as "friends" rather than girls and boys.

From the colour and placement of toys to the choice of books, every detail has been carefully planned to make sure the children don't fall into gender stereotypes.

"Society expects girls to be girly, nice and pretty, and boys to be manly, rough and outgoing," says Jenny Johnsson, a 31-year-old teacher. "Egalia gives them a fantastic opportunity to be whoever they want to be."

The preschool is among the most radical examples of Sweden's efforts to engineer equality between the sexes from childhood onward. THE ASSOCIATED PRESS

Too far?

- Some parents worry things have gone too far. An obsession with obliterating gender roles, they say, could make the children confused and ill-prepared to face the world outside kindergarten.
- "Different gender roles aren't problematic as long as they are equally valued," says Tanja Bergkvist, a 37-year-old blogger and a leading voice against what she calls "gender madness" in Sweden.
- Those bent on shattering gender roles "say there's a hierarchy where everything that boys do is given higher value, but I wonder who decides that it has higher value," she says. "Why is there higher value in playing with cars?"

FREDRIK SANDBERG/SCANPIX SWEDEN/THE ASSOCIATED PRESS

▶ In this file photo, children play in the garden of Egalia, a Swedish preschool aiming at gender stereotypes, in Stockholm on June 20. The taxpayer-funded school opened last year in the liberal Sodermalm district for kids aged one to six.

Calgary teen to be youngest space traveller?

A Canadian teen could become the youngest person ever to go into space.

The 17-year-old Calgary boy is among hundreds of space tourists who have already reserved their place for a flight into the cosmos.

So far, 440 individuals have paid deposits for trips aboard billionaire Sir Richard Branson's Virgin Galactic spaceships and are waiting for final tests to be completed.

The teenager didn't want to be identified.

While many teenagers expect to get their driver's licence when they turn 16, travel agent Michael Broadhurst says the young Calgarian was already looking beyond the horizon.

"He had the money for the space trip put down for him when he was 16," Broadhurst said. "He's 17 now and he will fly at 18.

"He is actually the only one at the moment who is under 18 on the list."

Virgin Galactic won't fly anyone under 18.

The travel agent says it could be another year or two before the teenager, who will be accompanied by a parent, will actually fly, but in the meantime his family doesn't want him doing any interviews.

THE CANADIAN PRESS/BEBETO MATTHEWS, THE ASSOCIATED PRESS

▶ Sir Richard Branson, founder of Virgin Galactic.

The Space Today website says Russian cosmonaut Gherman Titov was the youngest person ever to go to orbit. He flew in August 1961 at the age of 25.

According to Virgin Galactic, 23 Canadians — 17 men and six women — are among the space voyagers who have reserved a flight, which costs $200,000 US for each traveller. THE CANADIAN PRESS

Israel under fire for media-ban threat

Israel yesterday threatened to ban international journalists for up to a decade if they join a flotilla planning to breach the Israeli blockade of the Gaza Strip.

The warning reflected Israeli jitters about the international flotilla, which comes just over a year after a similar mission ended in the deaths of nine Turkish activists in clashes with Israeli naval commandos.

Israel is eager to avoid a repeat of last year's raid, which drew heavy international condemnation and ultimately forced Israel to ease its blockade on Hamas-controlled Gaza. Israel says the blockade is needed to prevent Hamas from smuggling weapons into the territory.

The Foreign Press Association, which represents hundreds of journalists working for international news organizations in Israel and the Palestinian territories, condemned the Israeli decision and urged the government to cancel the order. THE ASSOCIATED PRESS

Opposing views

- Organizers of the flotilla say the mission is necessary to draw attention to the plight of Gaza's 1.6 million residents.
- The Israeli blockade has caused heavy damage to Gaza's economy: Unemployment is estimated at close to 50 per cent, and the territory still suffers from a shortage of badly needed construction materials.
- Israel says there is no humanitarian crisis and says the flotilla is little more than a provocation aimed at stirring up trouble.

Parliament ends postal dispute

Mail could be moving again by tomorrow following speedy Senate approval of government legislation ordering locked-out Canada Post workers back to their jobs.

During a rare Sunday sitting, senators vigorously debated — but ultimately approved — a bill that sets the stage for resumption of mail service.

The legislation received royal assent just hours later.

As the bill made its way through the Senate, members of the upper chamber heard testimony from federal ministers, Canada Post executives and union members.

Letter sorting should resume today in preparation for delivery tomorrow, Canada Post chief operating officer Jacques Cote told the senators. THE CANADIAN PRESS

Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from migrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use credit cards, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife's, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible… If you show what you can do, you can build the right connections and open the door to a new life in Canada."

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Grads pressured to work for free

Unpaid internships have taken the place of entry-level jobs Some positions illegal, experts say

Young Canadians eager to launch their careers say they're under mounting pressure to take unpaid internships that promise valuable experience and a foot in the door but rarely lead to permanent work.

Unpaid internships are replacing entry-level jobs, experts say, propelled in part by the recession.

But some of these positions are illegal, says Andrew Langille, an employment lawyer in Toronto, because interns are doing work typically performed by paid employees, he says.

HANDOUT/THE CANADIAN PRESS

▶ Heather Bellingham, 26, has held a string of unpaid internships.

Many young grads, while willing to pay their dues at the office, say they can't afford to work for free, particularly while saddled with student loans.

"There's people who say young people expect everything right now, they want this great-paying job," says Heather Bellingham, a 26-year-old from Oshawa, Ont., who has held a string of unpaid internships since graduating from a film and television college program.

"I don't expect a lot — I would love minimum wage."

THE CANADIAN PRESS

Bail. Out

▶ A BlackBerry is used to take a photo of the Taj Mahal on Oct. 14, 2010 in Agra, India.

RYAN REMIORZ/THE CANADIAN PRESS

Backing to keep RIM in motion

Even though at least two companies have recently said they're done making apps for Research in Motion, veteran developers believe there's no reason to bail on the embattled Canadian company.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 70.69 (12,908.89)	- 0.93¢ (101.32¢ US)

Oil	Natural gas 1,000 cu ft
+ 12¢ US ($91.16 US)	$4.187 (- 0.6¢)

Gold contract $1,520.50 (- $32.90)

More cuts for Greece

Germany's Finance Minister Wolfgang Schaeuble warned yesterday that Greece will not receive its next tranche of international aid unless its parliament passes a fresh austerity package. At the same time, Schaeuble said he was "confident" that a majority of Greek legislators would pass the next raft of spending cuts and tax hikes Wednesday.

THE CANADIAN PRESS

Hacker group folds

A publicity-seeking hacker group that has left a trail of sabotaged websites, including attacks on law enforcement and releases of private data, says it is dissolving itself. Lulz Security made its announcement through its Twitter account. It gave no reason for the disbandment, but it could be a sign of nerves in the face of law-enforcement investigations.

THE CANADIAN PRESS

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THE QUESTION REMAINS: WHAT'S THE PLAN?

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

It was June of 2004 when I sat in a stuffy campaign office on Portage Avenue with a bunch of other political nerds. At the head of the table was newly declared mayoral candidate Sam Katz. The question from the group was simple: What's the plan, Sam?

As I recall, Katz shared some general thoughts about making the city more exciting, running government like a business and sparking economic activity. The only specific issue he addressed was mosquito fogging, saying, "I think we can do something better there."

Not exactly a detailed policy agenda, but the man had just jumped into the race. Besides, everyone at the table thought the dynamism and vision he showed in his business career could make up for a lack of experience at city hall.

So on the occasion of his seventh anniversary as mayor, it seems like a good time to review the progress made on those early priorities.

"He's contracted out garbage collection and eliminated some bureaucratic red tape, but Winnipeg is still far from a model of high-performance management."

It's clear to anyone that Winnipeg has become a more dynamic city over the past seven years. There are new buildings, new energy and new residents all around. But Katz's role in the revitalization has really been more about staying out of the way rather than leading the charge.

After all, it was Glen Murray who got the ball rolling on Waterfront Drive. Gail Asper secured the Canadian Museum for Human Rights. Barry Rempel developed a new airport. Mark Chipman built MTS Centre and brought the NHL back to town.

To be fair, Katz has instituted tax credits for downtown housing and made a major investment in cycling infrastructure. He also directed millions into recreation facilities, but most of that came from cancelling rapid transit (before it was re-announced, before it was delayed again, rinse and repeat).

He's contracted out garbage collection and eliminated some bureaucratic red tape, but Winnipeg is still far from a model of high-performance management.

On the economic front, Katz has trimmed business taxes but hasn't yet articulated a comprehensive economic-development strategy.

As for the mosquitoes, well, wait a week and then tell me if you think we're "doing something better."

All of which points to the underlying issue. Although he's handily won three elections and been in power longer than either Glen Murray or Susan Thompson, it's still not entirely clear why Katz wanted to be mayor in the first place.

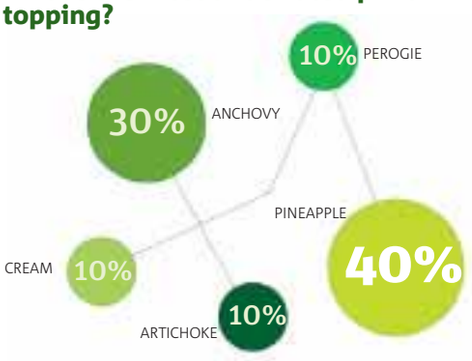
So, after seven years, I think it's only fair to ask once again: What's the plan, Sam?

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com

metro life panel

Register at metrolifepanel.ca and take the quick poll

What's the most underrated pizza topping?



Local tweets

- **@Zeltara:** Only in winnipeg are there red lights you can legally drive through :/
- **@Monkeysncymbals:** RIP Paladin Restaurant. Insurance money from arson... Great idea! #Winnipeg
- **@DeathByCheerios:** Winnipeg has an unneccessary amount of street signs
- **@Tylerpaziuk:** No space left at the bike rack at Polo Park! Go Winnipeg!
- **@thebrykhouse:** The Winnipeg Jets. My Jets. The old dog back to life. How sweet it is. Thanks for the time machine. NHL, I could learn to love you again.
- **@BrianOHern:** Met a guy from Winnipeg yesterday at Canada day, he was wearing a Manitoba Moose shirt while I wore my Thrashers T-shirt. was odd.
- **@Abbeyshortpants:** Craving ice cream today. Was thinking a trip to the #BDI would be perfect. Unfortunately its 14 hours to Winnipeg. #notgonnamakeit
- **@NotJimCalhoun:** If Rex Ryan coached the Winnipeg Jets too, he'd probably think the puck was a hamburger and try to eat it.

Worth Mentioning

UNIVERSE. NASA says a newly discovered asteroid will have a close encounter with Earth today, but there's no need to worry.

The space agency's Near-Earth Object Program Office says the small space rock — dubbed 2011 MD — will pass 12,000 kilometres above Earth's surface over the southern Atlantic Ocean at about 8:30 a.m. CDT.

Though it will come close, it's not a distance record holder.

Earlier this year, a tiny asteroid flew by even closer — within 5,500 kilometres.

The International Business Times reported that 2011 MD will be the fifth-closest asteroid to graze past Earth.

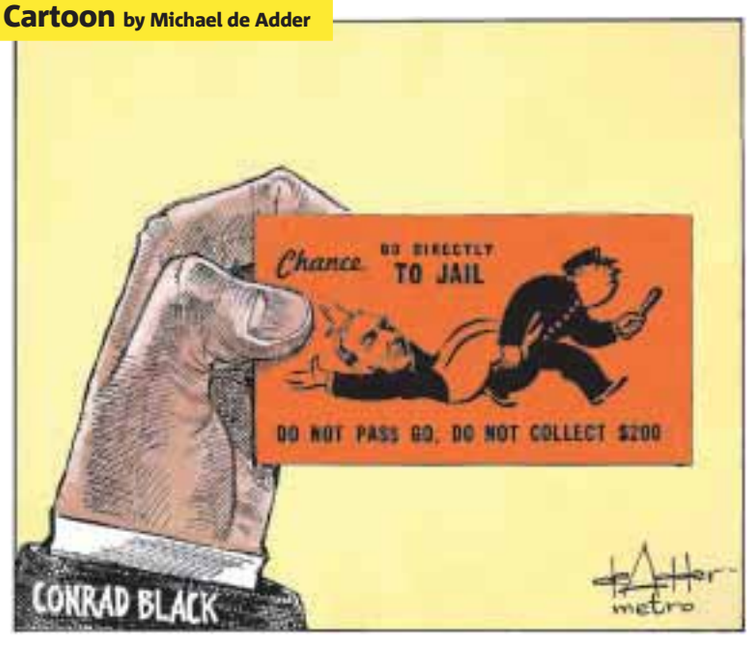
The latest asteroid measures 10 metres long and was discovered last week by telescopes in New Mexico.

Scientists say asteroids this size sail past Earth every six years.

The asteroid will briefly be bright enough that medium-size telescopes may be able to spot it.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

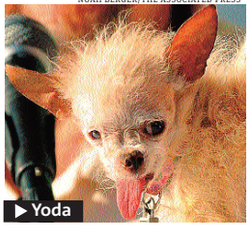
The award for world's ugliest dog goes to...

Yoda's short tufts of hair, protruding tongue, and long, seemingly hairless legs were enough to earn it the World's Ugliest Dog title at a Northern California fair.

The 14-year-old Chinese crested and Chihuahua mix won the honour Friday at the 23rd annual contest at the Sonoma Marin Fair.

Owner Terry Schumacher of Hanford, Calif., says the two-pound dog has come a long way since she was found abandoned behind an apartment building. Schumacher says she first thought the pooch was a rat.

NOAH BERGER/THE ASSOCIATED PRESS



▶ Yoda

Yoda's distinction comes a year after a one-eyed Chihuahua named Princess Abby claimed victory. A pedigree Chinese crested won in 2008 and another Chinese crested and Chihuahua mix was the ugliest in 2007.

In past years, the winner's owner received $1,000. THE ASSOCIATED PRESS

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ANDREI SVITAILO / METRO MOSCOW

▶ The cast of Transformers: Dark of the Moon pose for a photo to promote the release of the third installment of the popular film series.

Film director in Moscow — to spite his grandpa

Director jokes he has an old family feud to settle in the Russian capital ahead of the world premiere of Transformers: Dark of the Moon

ALYONA ZHIRIKOVA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN MOSCOW

Russian movie fans were the first to see the third installment of the Transformers franchise — Transformers: Dark of the Moon — a glammed-up, red carpet world premiere which opened the 33rd Moscow International Film Festival.

Stars from the $200-million, high-octane 3D extravaganza gleefully soaked up the dizzying ambience of the Russian capital's cityspace, from the rooftop of the Ritz Carlton Hotel overlooking Red Square and the Kremlin, especially Michael Bay.

"You know, my granddad was from Russia," the 46-yeard-old director of the series confessed to reporters. "My granddad always said nothing good would come out of me and that all my life I'd work as a PE teacher. And so to spite him, I am holding the premiere in Moscow."

At the global press junket it was the irresistible John Malkovich who received the most attention from the Russian press; Malkovich has registered a stream of visits to the country that he almost considered a part of Russia's movie stardom. This time, the 57-year-old arrived in the company of a certain lady and two children.

"What will you show your kids in Moscow?" one reporter asked. Malkovich laughed off the question, preferring not to reveal too many secrets. "I didn't know that my kids were here," he said with a wry smile. "But if you see them around in the city, please tell them to urgently call me!"

But the Muscovite media circus wasn't done with their quizzing. Everyone was interested to know if Bay was not afraid in shooting the third Transformers movie, after the second had been labeled worst movie of the year in many circles. "I find this particular question offensive, but nevertheless, I will thrive to answer it," Bay began. "Millions flocked to the theatres to see the second movie — not bad for the 'worst movie of the year,' right?"

Then Bay parries the question. "It's interesting — will the 'best movie of the year' be able to brag about something similar? As for the third movie, thanks to many innovations, has in my view turned out to be even better."

Fox fight

▶ Huntington-Whiteley

- **Transformers 3 marks the** cinematic debut for British model Rosie Huntington-Whiteley of Victoria's Secret lingerie.
- **She replaces Megan Fox** as Shia LaBeouf's love interest.
- **Of the duo, LaBeouf** says "Megan and Rosie are completely different. I like them both. We miss Megan, but with Rosie we have a completely different role, and she has handled herself excellently!"
- **Huntington-Whiteley says** she was thrilled to get the role. "I was ecstatic when they invited me to play in the movie. Everyone there was simply wonderful! They all helped so much!"

Bollywood dazzles Canadian fans

Bollywood bombarded its Canadian fans with a glittering, multi-coloured carnival of song, dance and glamour as India's star-studded version of the Oscars made its North American debut Saturday, capping the showcase with an appearance by U.S. actors Hilary Swank and a Cuba Gooding Jr.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Priyanka Chopra at the International Indian Film Academy Award show.

The five-hour bash, hosted by the International Indian Film Academy, paraded its biggest name, Bollywood king Shah Rukh Khan, and co-hosts Boman Irani and Ritesh Deshmukh

It closed with Slumdog Millionaire star Anil Kapoor escorting Swank onto the stage to present a best actor award to Shah Rukh Khan for the 9/11 film, My Name is Khan.

"Namaste, Toronto. Namaste, India. Namaste, world," Swank said.

"Hollywood and Indian cinema must bring the world closer together. I believe in IIFA's vision — one people, one world."

The show capped a three-day campaign to deepen Bollywood's global fanbase with an annual celebration commonly known as the IIFAs. "For the first time in its 12-year history IIFA makes its North American debut and its biggest stars are you," Kapoor said.

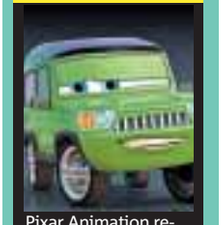
"Thank you Ontario. Thank you so much for making us feel the warmth in Canada."

The events included a film festival, music workshop, business forum, fashion show and rock concert across the GTA.

THE CANADIAN PRESS

2 scene

Box office



Pixar Animation remains undefeated at the box office.

The Disney unit's animated sequel Cars 2 cruised to a No. 1 finish with a $68 million opening weekend.

That makes 12 wins in a row for Pixar since 1995's Toy Story.

Cars 2 nearly matched the $68.1 million debut of Disney-Pixar's Up two years ago, though it was well below the company's record of $110.3 million for 2010's Toy Story 3.

Premiering in second-place was Cameron Diaz's classroom comedy Bad Teacher with $31 million.

The previous weekend's No. 1 flick, Ryan Reynolds' Green Lantern, fell to third with $18.4 million.

THE ASSOCIATED PRESS

La Toya Jackson says Michael feared he'd be killed over his catalogue. Scan this code or visit metronews.ca/scene for more news.

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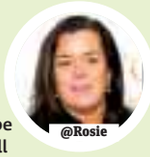
Celebrity tweets

Today, Pink is settling into motherhood, Rosie O'Donnell is worried, Victoria Beckham knows how to have a good time, and Kelly Osbourne can't keep her days straight.



@Rosie

"signs u may not be doing well — ur shrink hugs u for a long time after ur session"

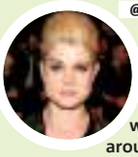
@victoriabeckham

"We took the boys to see Sing Along Grease at the Hollywood Bowl, it was AMAZING!!!!!!"

@Pink

"sleep is overrated anyway"

@MissKelly0



"i think i have lost it! i have been walking around all day thinking it was friday!"

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Bond star weds Rachel Weisz in secret ceremony

ALL PHOTOS GETTY IMAGES

- **The British actors had been quietly dating since last November**
- **The pair play a married couple in the unreleased film Dream House**

▶ Daniel Craig

Daniel Craig and Rachel Weisz reportedly tied the knot last week in a super-secret wedding, according to People magazine.

The stars' hush-hush ceremony in New York City was attended by just four guests, including Craig's 18-year-old daughter and Weisz's 4-year-old son.

The pair has never spoken publicly about their relationship, though rumours of their romance began shortly after Weisz's split from Black Swan director Darren Aronovsky last November. METRO

▶ Back in happier times: Elisabetta Canalis and George Clooney

Clooney called off romance with Canalis

George Clooney was reportedly the one who put a stop to his relationship with Elisabetta Canalis, according to Canalis' pal, Che editor Alfonso Signorini.

"From what I know it was him who dumped her and she stormed out of the villa. I've tried to get her on the telephone but it's switched off," Signorini said in an interview on Italian TV show Rai Uno last week.

"It has come as a real surprise to me. They were getting on really well." METRO

Did Lindsay fall off the wagon or just drink tea?

Lindsay Lohan is speaking out after her most recent court appearance last week.

"I am responsible, and I'm following the rules and obeying my judge and the Los Angeles judicial system," the troubled actress, currently under house arrest, tells TMZ.

"I'd like to do what I must to get my film career back and the respect of directors, actors, writers, studio heads, fans and so on."

While Lohan tested positive for alcohol earlier this month, she maintains it was due to her favourite kombucha tea, a fermented drink containing less than 0.05 per cent alcohol. METRO

▶ Lindsay Lohan

James Spader is reportedly set to join The Office after earning rave reviews for his appearance in the show's seventh season finale as one the many applicants vying for Steve Carell's character's old job, according to Entertainment Weekly. "In the finale, he kicked ass," a source close to the show says. "He was so funny and had this weird energy. We didn't want to pass it up." METRO

Stressed & pregnant

As the pregnant wife of disgraced U.S. congressman Anthony Weiner, Huma Abedin has had a long few weeks It got us wondering: How does extreme stress affect one's baby-to-be?

THINKSTOCK.COM

When pregnant, how much stress is too much?

SAM CASTONE
LIFE@METRONEWS.CA

METRO WORLD NEWS

U.S. congressman Anthony Weiner recently resigned from office after sending lewd comments and photos to young women — and lying about it after getting caught by the press.

It was a shocking fall for a brash but effective politician — shocking more so because his wife, Huma Abedin, an aide to Secretary of State Hillary Rodham Clinton, is reportedly in the early stages of pregnancy.

As parents, we wondered what affect the ongoing stress of a scandal might have on her baby.

All the mom-to-be books say you should try to reduce stress during the nine months. "It takes extreme amounts of stress to affect a pregnancy," says Dr. Ari Brown, a pediatrician and co-author of Expecting 411. "By extreme, this means divorce, death of a family member, major financial disaster or loss of home by fire. The day-to-day stresses of a job or home life that most of us experience is not enough to worry about."

"Extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

DR. ARI BROWN, PEDIATRICIAN AND CO-AUTHOR OF EXPECTING 411

Depending on your perspective, Weiner's behaviour might fall into the "extreme" category.

"We all process stressful situations differently," says Brown. "In the case of this particular situation, it is surely stressful for any pregnant woman to endure the emotional infidelity of her husband both privately and publicly.

"But, it would only be pure speculation how the two of them are handling this in the context of their relationship. And, frankly, it is none of our business!"

"What we do know medically," Brown continues, "is that extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

One study in 2008 showed there might be a link between maternal stress and schizophrenia later in life.

"Stress increases the release of a hormone called cortisol, which is currently being investigated as the link to miscarriage, preterm labour, and unfortunate pregnancy outcomes," says Brown.

The moral of this story (and you don't need a medical study to prove it): If you're a father-to-be, don't cheat on your wife!

3 life

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Trivial trinkets or just reward: Should new moms expect push presents?

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The not-so-sinful deviled eggs

This healthy version of the summer picnic and barbecue staple makes it more angelic than devilish

Devilled eggs are a classic accompaniment to summer picnics and barbecues. But they generally are loaded with fat and calories from the egg yolks and mayonnaise.

We set out to remake the filling to be flavourful, yet pack significantly less guilt. Egg yolks do have great nutritional value; the majority of an egg's vitamins and minerals are actually found in the yolk. But along with those nutrients are plenty of fat and cholesterol.

To lower the fat and cholesterol but keep the luscious flavour, we opted to use just some of the yolks. For the creaminess, we use a combo of low-fat mayonnise and pureed low-fat cottage cheese..

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Low fat mayo and low-fat cottage cheese make these deviled eggs less fattening.

Ingredients:

- 12 large eggs
- Ice
- 125 ml (1/2 cup) low-fat cottage cheese
- 45 ml (3 tbsp) low-fat mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- 10 ml (2 tsp) cider vinegar
- 15 ml (1 tbsp) prepared horseradish
- 15 ml (1 tbsp) sweet pickle relish
- Salt and ground black pepper, to taste
- Fresh chives, to garnish
- Smoked paprika, to garnish

Preparation:

1. Place eggs in a large saucepan and fill with cool water. Cover pan and bring to a boil over medium-high heat. Remove pan from heat and let sit for 15 minutes. Drain hot water, leaving eggs in pan. Fill pan with cold water and a cup of ice. Let eggs cool completely.
2. Meanwhile, in a food processor, combine cottage cheese, mayonnaise, mustard, vinegar and horseradish. Purée until smooth. Set aside.
3. Peel eggs but keep them intact. Slice eggs in half lengthwise. Retain egg whites. Discard half of the yolks.
4. In a medium bowl, mash remaining yolks. Add puréed dressing mixture and relish. Stir to combine, then season with salt and black pepper. Using a pastry bag or a zip-close bag with the corner cut off, or using a spoon, refill wells in the egg whites. Garnish tops with a sprinkle of smoked paprika and some chopped chives.

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Gardening economics

Rising food prices, food safety concerns keep gardening boom going How to learn from it

ISTOCK PHOTOS

▶ Harvesting your own food can help save money.

Many of the millions of North Americans who turned to gardening to save money during the recession appear to be sticking with it during the recovery as food prices remain high and interest in safe, fresh and local food grows nationwide.

Forty-three million U.S. households planned to grow at least some of their own food in 2009, a 19 per cent increase from the estimated 36 million who did the year before, said the National Gardening Association, citing the most recent figures available. Spending on food gardening — including growing vegetables, fruit trees, berries and herbs — jumped 20 per cent in one year to $3 billion in 2009 and stayed at that level last year, said Bruce Butterfield, research director for the non-profit association.

"It's a perfect storm for food gardening," Butterfield said, noting the downturn coincided with growing interest nationwide in eating locally produced food.

While the recession started in December 2007, he said the economy really "tanked" at the end of 2008, fuelling the gardening boom the following year. Butterfield said he expects the trend to continue with the U.S. Department of Agriculture's switch from a food pyramid representing its nutritional guidelines to a plate encouraging people to eat more fruits and vegetables, and people spending more time at home, either because they're unemployed or avoiding expensive vacations.

"A lot of folks, I think they kind of look at the evening news or read the paper or read something online, saying 'Jesus, this world is out of control and I can't have any influence on what happens out there but, by God, I can control what happens in my backyard,'" he said.

Seed supplier W. Atlee Burpee & Co. said its sales of vegetable seeds and starter plants have jumped substantially in the past several years, with 30 per cent growth in 2009, 15 per cent to 20 per cent growth last year and another bump in March. The company based in Warminster, Pa., speculated recent rises in gas and produce prices have prompted more people to try to save money by growing their own food.

Ann Janda, 43, of Hinesburg, Vt., estimated gardening saves her and her husband $75 a month on groceries about eight months out of the year. They rarely buy any vegetables from June to August, relying on their five-by-16-metre garden to feed them. In the fall, they use tomato preserves for a lot of what they cook, and they freeze and can vegetables to use in the winter – everything from pickles to tomato sauce, frozen peas, pesto and kale.

Janda, who planted her first garden when she moved out of the city four years ago, said it's easy to "overspend" on supplies and equipment, but she and her husband try to do it as cheaply as possible. They use dead elm saplings from nearby woods as stakes, start most of their plants from seeds in reusable pots and trade seedlings with other gardeners.

Their tools are a spade, shovel and hoe, and their landlord tills the garden for them in exchange for vegetables later on.

THE ASSOCIATED PRESS

New careers

And for some people, gardening has provided a new career path.

Green path Chef Courtney Contos, 37, a Vermont resident, said it was natural for her to start growing her own vegetables and herbs three years ago because she was always searching for the best-tasting ingredients. But having seen the savings and with the economy still struggling, she now hopes to teach others how to grow, preserve and cook their own vegetables.

HOW TO DEAL WITH INJURED WILDLIFE

Recently I found a baby bird struggling on the ground. I wasn't sure if I should save it from neighbourhood cats or if a human scent would bother the parents? I left it alone. *Brendan of Winnipeg*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Sounds like a young fledgling if it was a baby bird with feathers, not naked. You did the right thing.

Fledglings often fall from their nests when learning how to fly.

They can spend up to a day or two on the ground.

They're best left alone because the parents are probably keeping a close watch nearby.

If you heard chirping coming from the trees, that was likely mom and dad cheering it on from the rafters!

If you think a baby bird is in danger from prowling cats or speeding cars, put it back in the nest. And don't worry. Unlike with baby mammals, your scent won't bother the parents.

Can't find the nest and not sure if it's truly orphaned? In this case, it's best to call your local wildlife rescue or rehabilitation centre.

Generally, if you come across a sick or injured wild animal, it's recommended you don't try to capture it.

And don't pet or talk to the animal either.

That just creates more stress. Instead, call the closest wildlife rehabilitation facility.

Their trained staff can provide humane care to injured, orphaned, sick and distressed wildlife.

About 80 per cent of the time, wild animals that are turned in have been hurt by human activity, such as collisions with cars or power lines, or encounters with cats and dogs.

Never handle a wild animal if it puts your safety at risk.

David Suzuki Foundation

One career for a lifetime?

The film Larry Crowne paints a picture of a man who's forced to pursue an entirely different career path after losing his job Former Associated Press journalist Jessica Mintz explains why she made the decision to start over

We all have those moments: The alarm goes off, and we think, "Do I really have to go to work today?"

Most of the time, reason and routine win. We dismiss the thought, hop out of bed, hit the shower, have a coffee and merge into the morning commute.

Sometimes, though, we stop and really consider the question. Maybe we're burned out or unhappy with the job. Maybe we had abandoned a childhood dream or found a new passion along the way. And thanks to luck, financial planning and the support of loved ones – or maybe just a high tolerance for risk – we realize: Quitting is an option.

When I tell people I quit my job as a reporter for The Associated Press to become a veterinarian – that I am taking the first of a zillion pre-vet science classes in a plan that now extends into the year 2020 – many say they wish they could take that plunge.

I think the reason so many don't is that it's painful to admit we made a mistake. And quitting, well, isn't that just another word for failing?

In my case, my experience with animals was limited to childhood pets. Recently, however, I adopted a mutt from the shelter and started volunteering there. When she was hurt in an accident, I spent a lot of time talking to surgeons and rehab specialists. That's when the idea of ditching the career I had pursued for more than a decade took hold.

I found countless reasons to doubt my motives. Was I mistaking the pleasure of a new hobby for a calling? Would I be trading the petty complaints about one job for similar gripes about another?

Changing careers is not uncommon, as it turns out; Americans typically do it five to seven times in their lives, and increasingly, they are seeking more meaningful work, said Kimberly Key, president of the National Employment Counseling Association.

CONTRIBUTED

▶ Tom Hanks plays Larry Crowne, a man who undergoes a mid-life personal reinvention.

"You didn't see this 25 to 50 years ago. People weren't trying to have meaningful careers. They were trying to focus on family, survive, and take care of the next generations," Key said. "As we evolved as a society, in our thirst for work, to survive, to grow, to be the best, to compete in the world, we lost something."

Jobs that offer lifelong security and benefits are becoming endangered, Key said. Rather than see this as a negative, though, she thinks accepting it can remove the stress of changing careers. **THE ASSOCIATED PRESS**

Transforming tragedy into triumph

After a tragic loss, Sam Bouji dedicated himself to helping others The result is a highly successful business

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Sam Bouji arrived from Egypt in 1989 with a young family and big hopes for the future.

In Canada for only a year, the Bouji family suffered a tragic loss when their four-year-old daughter drowned in a swimming pool accident.

Sam was devastated but realized he had to change his life if he were to save his family."I will never forget but I had to move forward."

Sam threw himself into work with a vengeance, starting his own sales agency in his basement, amassing a huge salesforce and eventually establishing Global Education Marketing Corp.

Today, his company services 250,000 clients, but his proudest achievement is the 15,000 young people who have graduated from university and college with no debt.

"It brings me so much joy when I see my employees helping others and making changes in other people's lives."

Sam Bouji's story is a triumph over tragedy and a true testament to the power of the human spirit.

"The older I get the more productive and wiser I become. I'm not retiring until 2053. That's the year I turn 100!"

Sam's advice

- Come up with a plan, be patient and always persevere.
- People who think they can outsmart others in life will not make it.
- Help others achieve their goals.
- Have a peaceful life.

SUBMITTED

▶ Sam Bouji

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Goldeyes give Saltdogs a licking

14	3
WINNIPEG	LINCOLN

The Winnipeg Goldeyes' bats have been hot as of late, and the trend continued yesterday afternoon as they completed the series sweep of the Lincoln Saltdogs with a 14-3 win in front of 6,531 at Shaw Park.

The Fish lit up Lincoln starter John James for eight runs in less than five innings of work.

James, who was 5-1 with a 5.05 ERA coming into yesterday, took the loss.

The nail in James' coffin was a towering two-run Justin Bass smash to left, making it 8-0 through five.

Now 25-17 overall, and 12-11 on the road, the Goldeyes can attribute much of their success this season to their defensive play.

Winnipeg's arms rank second in the American Association with a 3.91 team ERA, while a fielding percentage of .978 is tied for first.

The bats seem to pop when needed. Despite a pedestrian .274 team batting average that ranks 11th, Winnipeg is undefeated in its last 10 when scoring more than five runs.

Recent signing Brian Joynt added insult to injury as he tore the cover off a 2-2 pitch in the eighth for a grand slam.

The win puts Winnipeg atop the AA's North Division, leapfrogging the St. Paul Saints.

The Goldeyes now visit Kansas City for a mid-week trio before returning home for a crucial four-game series against St. Paul, which begins Saturday.

DARRIN BAUMING

GERO BRELOER/THE ASSOCIATED PRESS

▶ Canada's Christine Sinclair scores with a free kick against Germany yesterday.

A goal, but no win

Christine Sinclair gets ball into German net, but Canadians drop World Cup opener 2-1 to two-time defending champion

2	1
GERMANY	CANADA

She busted her nose and then bent it like Beckham. And then simply for effect, Canada's star striker Christine Sinclair blew a kiss to her coach.

Sporting a crooked nose and a well-deserved black captain's armband, Sinclair scored Canada's lone goal on a lovely bending free kick yesterday as the sixth-ranked Canadians opened the 2011 Women's World Cup with a 2-1 loss to two-time defending champion Germany.

"That's Sinky," said Canadian striker Melissa Tancredi. "She plays through anything, which is what a captain should do."

Sinclair's goal in the 82nd minute — No. 117 of her illustrious career — marked the first the mighty German side had conceded in a World Cup tournament since 2003. It also came 34 minutes after Canada's powerful five-foot-nine striker was knocked to her knees, plowed in the face by an elbow from Babett Peter.

"I looked at (Sinclair) — she takes the front post on corners — and thought, 'Oh my. Her nose is like a big zig-zag,'" said Canada's goalkeeper Erin Mcleod. "I said, 'Do you really want to still be here?' And she said, 'Yeah, I got it.'

"She's tough. She wears the armband for a reason."

The 28-year-old Sinclair was down on all fours on the Olympiastadion grass for several minutes after the harsh blow, for which no foul was given, and then was helped to the sidelines where she argued with a Canadian medical official to let her go back into the game. She swatted away his hand and said, "I'm fine. Don't touch me."

Canada's coach Carolina Morace was advised to pull her out of the game, the medical official bending Sinclair's nose to display the damage. But the Burnaby, B.C., native was back in the game moments later, and Morace has no doubt her gutsy captain will be back on the pitch Thursday when the Canadians take on France.

"What do you think? If she played today with the nose broken, do you think I can take her off the field next time?" the Italian coach said with a laugh.

Sinclair was sent to a nearby Berlin hospital immediately after the game, and Morace said she'll likely wear a protective mask in the next game.

"It doesn't look the prettiest right now," Tancredi said, with a giggle.

THE CANADIAN PRESS

Inglorious captures plate

The girl showed yesterday she's not only capable of running with the boys, she can beat them, too.

Sitting 10th through three-quarters of a mile, Inglorious showed a fabulous late kick to capture an impressive 2½-length win in the $1-million Queen's Plate. Inglorious became just the 34th filly and first in 10 years to capture the first jewel of Canada's Triple Crown and earn trainer Josie Carroll her second career victory.

$1.2M
Inglorious's career earnings after winning five of her seven career starts.

Carroll became the first female trainer to win the Queen's Plate in 2006, that coming with Edenwold. Carroll said winning a second with a filly was indeed special.

"You can't compare them, they're both wonderful in their own way," she said. "It's very special but you never forget your first, either." THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Inglorious

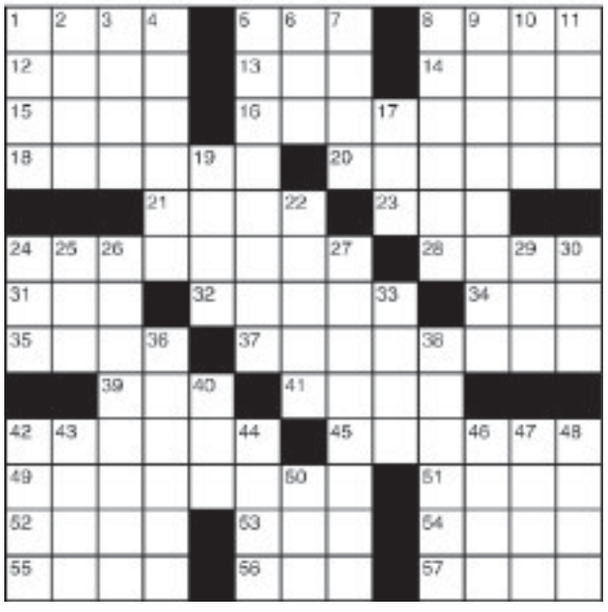
4 sports

Quoted

"I'm just so excited right now. To go to the Jets and go to a team that has such a great organization, be the first pick since they've been back, it's an unreal feeling. Walking up to the stage, my legs were shaking and my heart was racing."

CENTRE MARK SCHEIFELE, AFTER BEING PICKED SEVENTH OVERALL BY THE JETS IN THE NHL ENTRY DRAFT ON FRIDAY. THE JETS ADDED FIVE MORE PROSPECTS ON SATURDAY, INCLUDING FORWARD ADAM LOWRY (67TH OVERALL) AND DEFENCEMAN BRENNAN SERVILLE (NO. 78).

Crossword



Across

1 Forum garb
5 Life story, for short
8 Snake's tooth
12 Grand tale
13 Conclusion
14 Operatic rendition
15 Painter Chagall
16 Being philanthropic
18 Dull indifference
20 Soda-shop treat
21 Dire prophecy
23 Two fives
24 Try
28 Antelope's playmate
31 Meadow
32 Weary
34 Firmament
35 Departed
37 Check beneficiary
39 Dandy
41 Garbage barge
42 Anchored
45 It gets the lead out
49 Ingratiated
51 Staff member?
52 Use a teaspoon
53 Eggs
54 Two-way
55 14-Across, e.g.
56 Apiece
57 Partner in wartime

Down

1 Office part-timer
2 Colorful fish
3 Child without a Y chromosome
4 Give consent
5 2007 film featuring Seinfeld's voice
6 Hostel
7 Probability
8 Was obsequious
9 Sahara-like quality
10 1492 ship
11 "Eleni" author Nicholas
17 See 29-Down
19 Capricorn
22 Early periods
24 Right angle
25 Born
26 Jonquil's cousin
27 Fragrant wood
29 With 17-Down, supplement
30 Deli bread
33 Entrance
36 Matador
38 African nation
40 Carrot companion?
42 Disarray
43 Aware of
44 Let fall
46 "Heart and —"
47 List-ending abbr.
48 Depend (on)
50 First lady

▶ Yesterday's answer

Sudoku

						4	7	
9		8	2	7				
			6	5				8
	7	6					3	9
1								6
5	4					7	1	
2				4	8			
				1	5	6		4
	5	9						

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	1	8	7	4	6	3	9	5
3	7	4	9	5	1	2	8	6
6	9	5	2	3	8	1	4	7
7	4	9	1	2	3	5	6	8
5	3	1	6	8	7	9	2	4
8	2	6	5	9	4	7	1	3
1	6	3	4	7	9	8	5	2
4	5	7	8	1	2	6	3	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

inmydreams
miss you - nothing more to say. **FROM YOURGIRL**

None Bunnz - You are a bunny and I am a vampire. I'm sorry timespace has conspired against us. One day we will be one. **FROM ANDRACULOS**

Lov
lo..agree. looking forward for that evening. take care of yourself 4me. and know that i am only yours. love u and miss u.
FROM SOULMATE

munchkin
sweetpie..the only answer is 2gethernes now. more ...better 4 both - me find date++++time u find place where v can spend an eve 2gether, just th 2 of us//lov u//email???
FROM PIE

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 14° Max 23°	Min 10° Max 19°	Min 14° Max 23°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you go out of your way to be nice the more they will go out of their way to be nice to you

♉ Taurus April 21-May 21 Keep important information to yourself today

♊ Gemini May 22-June 21 Mars in your sign gives you the power to make things happen

♋ Cancer June 22-July 22 Promise yourself that whatever happens today you won't get upset about i

♌ Leo July 23-Aug.23 Some people are simply too stupid to understand why you are angry about an issue

♍ Virgo Aug. 24- Sept. 22 It's important that you give those around you the impression that you know what you are doing, even if you are as lost as they are .

♎ Libra Sept. 23-Oct. 23 Don't let your workload get any heavier than it is now

♏ Scorpio Oct. 24-Nov. 22 The approaching solar eclipse in your fellow Water sign of Cancer will kick-start your summer.

♐ Sagittarius Nov. 23-Dec. 21 You can persuade almost anyone to do almost anything for you today

♑ Capricorn Dec. 22-Jan. 20 The emphasis now is very much on joint activities,

♒ Aquarius Jan. 21-Feb. 18 Anyone who is fortunate enough to be in your good books will be left in no doubt at all that they are special.

♓ Pisces Feb. 19-March 20. Both success and failure are there to be learned from.

SALLY BROMPTON

Caption contest

MARK BAKER/ THE ASSOCIATED PRESS

"Doctors document a severe case of tennis elbow" Robbie

MARK KEPPLER/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Working Towards Providing Administrative Staff for Health Care

CDI College of Business, Technology, Health Care, has been a pillar in the Manitoba business community as a trainer of vocational professionals in IT, business and healthcare. With the combined history from over almost a century of being in Winnipeg through Success College and the Manitoba Technical Training Centre, CDI College has long provided qualified and skilled workers to Winnipeg and the Province of Manitoba.

It is in the field of Health Care that CDI College has been really active. The stellar success of the Intrn Oral Dental Assisting, Health Care Aide and the Addictions & Community Services Programs are well known. The program that began it all is still doing very strong with a great bill of health – the Medical Office Administrator Program.

The Medical Office Administrator Program is one of the proven skills based vocational education options that a student may choose. This program has been providing doctor's offices, medical clinics, health care professionals and hospitals with strong professional graduates.

"If you go to your doctor's office, your chiropractor's clinic or even the triage clerk at a hospital emergency room, "said Tahl East, Campus Director," Check and see where they graduated from. Odds are that they could be a CDI College graduate."

CDI College Medical Office Administrator graduates are given an intensive curriculum of material to learn and skills to develop.

"They are educated in medical terminology, basic medical sciences including anatomy and physiology." East explained, "This knowledge base allows them to understand what they are working with. They develop a strong attention to detail when preparing and updating medical charts and files."

With so many hospitals and doctor's offices becoming more computerized, CDI College Medical Office Administrator students are able to comfortably meet the employer's needs. With an ability to work with office software, they are able to adapt to almost any spreadsheet, database or document application.

"Our graduates are trained in preparing accurate and efficient medical transcripts." East said, "They are able to work with transcription software as well as more traditional dicta systems."

They also obtain training in medical ethics including certified training in the Personal Health Information Act under the authority of the Winnipeg Regional Health Authority.

"The challenges for health care employers is changing constantly," East said, "Our students meet and exceed the changing needs of the health care system. That change ranges from your family doctor through to the large hospitals in Manitoba."

There is an 80 hour practical component where students have an opportunity to obtain job placement experience with an employer in the profession. This can vary from a medical clinic and doctor's office to hospitals and personal care homes.

"Students sometimes perform so well in their practicum assignment, that if there is a need when they graduate, employers may choose to keep them on as regular employees," East said.

Graduates of the Medical Office Administrator Diploma Program have been employed at employers large and small in Winnipeg. These include Manitoba Clinic, Health Sciences Centre, St. Boniface Hospital,

Seven Oaks General Hospital,Red River Medical Clinic among others.

"Many of these employers recruited our students following the completion of their practicum," East said.

This practicum component is part of the student's educational plan. While attending their practicum assignment, students can be performing many of the skills that they train for at CDI College.

Students develop confidence, along with their practical and academic skills, to build their careers in their chose profession. They also get a chance to work with medical professionals and patients in the field.

"This is a great doorway for someone to being their career in the administrative side of health care." East said, "It is really the launch pad for our future graduates to reach successfully towards their success in their health care careers."

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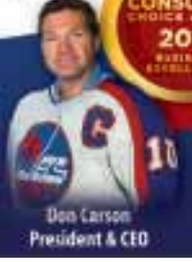

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